DOCUMENT RESUME

ED 385 614 UD 030 502

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TITLE Playing with Fire. Creative Conflict Resolution for Young Adults.
REPORT NO ISBN-0-86571-306-5
PUB DATE 95
NOTE 176p.; Published in cooperation with The Leaveners/Leap Confronting Conflict and the National Youth Agency.
AVAILABLE FROM New Society Publishers, 4527 Springfield Avenue, Philadelphia, PA 19143 (paperback: ISBN-0-86571-306-5, $23, add $3 to price of first copy and $0.75 for each additional copy; hardcover: ISBN-0-86571-306-7; New Society Publishers, P.O. Box 189, Gabriola Island, British Columbia, VORIXO, Canada (paperback: ISBN-1-55092-257-2; hardcover: ISBN-1-55092-256-4).
PUB TYPE Books (010) -- Guides - Non-Classroom Use (055)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Adolescents; Anger; Communication (Thought Transfer); Conflict Resolution; Creativity; Emotional Response; Interpersonal Relationship; *Problem Solving; *Skill Development; Social Change; *Training; Violence; *Young Adults
IDENTIFIERS *Mediation Techniques

ABSTRACT

A training program is presented for helping teenagers and young adults deal creatively with interpersonal conflict and violence. It explores the dynamics of anger, hurt, conflict, communication, cooperation, and assertiveness as it teaches listening, mediation, and conflict-defusing skills. The manual consists of 10 sections, 8 of which form the 60-hour, 24-session training course. The Introduction and "Training for Trainers" are separate from the session descriptions in the course, but are vital reading for the trainers and a prerequisite to leading the course. Each of the eight course sections focuses on a different aspect of conflict and identifies skills and techniques for confronting and dealing with it. The first six course sections are practical. Each is named according to the stages a fire goes through before becoming a blaze. The analogy with fire throughout provides a clear and direct means of representing conflict that young people can understand. The seventh section, "Mediation," concentrates on mediation as a tool for conflict resolution and reconciliation. The eighth section, "Social Change," looks at the positive potential of the fire analogy within the context of social change and community action. Twenty reproducible handouts complement the 95 exercises presented in the course sections. (SLD)

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